Mommy's Magazine
LIFE LESSONS FOR BUSY MOMS

Food chart for 2 to 3 year-old kids

Food Items / Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	Banana or any fruit/ kesar almond milk	1 cup banana milk shake	1 cup banana milk shake	1 cup milk with dry fruits	1 cup banana milk shake	1 cup milk with dry fruits
Breakfast Time	Rava Upma	Idli with chutney	Vegetable Poha	Ragi porridge	Oatmeal porridge	Simple pav bhaji or appam
Mid-Morning	Mix veg/chicken soup	Corn soup	Orange / any fruit juice	Mix veg soup	Seasonal fruits (1 cup)	Corn soup
Lunch	Plain Khichdi	1 chapatti (with ghee) & potato vegetable	Rice and Dal	Plain Khichdi	1 chapatti (with ghee) & mix vegetable	Vegetable pulao
Evening Snack	Seasonal fruit (1 cup)	Fruit salad (1 cup)	1 Ragi laddoo 1 Banana	Fruit salad (1 cup)	Fruit juice	Vegetable cutlet/Fruit salad
Dinner	Vegetable pasta	Potato peas paratha, Curd	1 chapatti (with ghee) & any vegetable	Veg. pulav	Dalia or upma	Potato masala dosa
Bedtime Snack	1 cup milk	1 cup milk	1 cup milk	1 cup milk	1 cup milk	1 cup milk